

**H. Scott Ellsworth, MD**

**Rehabilitation Protocol: Nonoperative Shoulder Dislocation**

**Phase I (0-4 weeks)**

* AAROM with wand to tolerance
* Begin IR and ER at side. Progress to 30 degrees, then 60 degrees, then 90 degrees AB as pain subsides.
* Submax isometrics for all shoulder musculature
* Gentle joint mobs and PROM

**Phase II (4-8 weeks)**

* Isotonic strengthening of rotator cuff, scapular stabilizers, deltoid, biceps, triceps
* Rhythmic stabilization
  + Basic
  + Intermediate
  + Advanced

**Phase III (8-12 weeks)**

* Continue to progress previous isotonic exercises
* Begin dynamic stabilization
  + Basic
  + Intermediate
  + Advanced
* Introduce basic plyometrics
* \* In athletes, begin to work ER/IR in 90 degrees AB

**Phase IV (Return to activity)**

* Continue previous isotonic strengthening program
* Advance plyometrics
* Instruct in maintenance program prior to discharge

H. Scott Ellsworth, MD kcorthoalliance.com 3651 College Blvd.

Shoulder & Elbow Surgery hscottellsworthmd.com Leawood, KS. 66211

(913)- 319- 7600